

# Nutrition Facts

**Poblano Pepper**

**Serving size (17g)**

**Amount Per Serving**

**Calories**

**50**

[www.ihcare.ae](http://www.ihcare.ae)

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0.14g **1%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 5mg **0%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 2g **4%**

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 1.86mg **10%**

Potassium 0mg **0%**

Vitamin A **2%**

Vitamin C **0%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.